

Eat to Live Well

Recipes for a Healthy Life!



Pizza Roll-Ups

Ingredients:

8" whole wheat flour tortilla
2 Tbsp prepared pizza sauce
12 leaves baby spinach
3 Tbsp shredded part-skim mozzarella cheese

Directions:

Spread pizza sauce over tortilla. Top with an even layer of spinach and sprinkle cheese on top. Microwave on high until the cheese is melted, about 45 seconds. Carefully roll the tortilla up, and let cool before eating.

Submitted by employee

Nutrition Facts: serving size 1 wrap

235 calories, 8g fat, 2.8g saturated fat, 772mg Sodium, 31g Carbohydrate, 7g Fiber, 13g protein

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